

New Order of Stretches and Exercises

Get moving

Calf stretch

- Have participants stand behind their chairs. Holding onto the chair with both hands, slightly bend both knees.
- Put left foot slightly in front of the right foot. Keeping the left heel on the floor, slowly lift the toes on the left foot toward the knee.
- Hold the stretch for 15 to 20 seconds. Repeat on the right leg.

Option B: Calf raises

- Have participants stand behind their chairs, holding onto the chair with both hands for support.
- Keeping both legs straight, lift the heels off the floor, going up on the balls of the feet.
- Return the heels to the floor. Repeat for a total of six repetitions. Take a quick rest. Do another set of six repetitions.

To cool down, do the reach for the sky stretch from the warm-up.

Additional Activity

Ankle stretch

- Have participants sit facing forward in their chairs with two to three feet of empty space in front of them.
- Sit toward the front edge of the chair and lean back toward the back of the chair, keeping the back straight.
- Stretch the legs straight out in front of the chair, keeping the feet on the ground.
- With the heels on the ground, bend the ankles to pull the toes toward them (flexing the feet). Hold the position for one second. Then, bend the ankles to point the toes away. Hold the position for one second.
- Repeat three to five times.

Plan Shop Save

Thigh stretch

- Have participants stand behind their chairs.
- Holding onto the chair with the right hand, slowly pull the left foot up toward the behind with the left hand, holding onto the left pant leg or heel (not the toe).
- Pull foot as far up as it will go with slight tension.
- Keep the left knee pointed downward and close to the right knee.
- Push the hips forward for a deeper stretch.
- Hold the stretch for 15 to 20 seconds. Repeat on the other leg.

Option B: Quad (or thigh) exercise

- Have participants sit facing forward in their chairs with two to three feet of empty space in front of them.
 - With their knees side-by-side and sitting tall in their chairs, have participants grasp both sides of the chair next to their thighs.
 - Slowly raise the right foot and straighten the right leg. The leg should be straight, pointing at the front wall. Hold the leg straight for two to three seconds. Lower the foot back to the floor.
 - Repeat five times. Take a quick rest and then do another set of six repetitions. Repeat on the left leg.
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Vary Your Veggies

Hamstring stretch (the hamstring muscle is at the back of the thigh)

- Have participants stand behind and back from the chair, holding the back of the chair with both hands.
- Slowly bend forward from the hips until the upper body is parallel with the floor. Keep the back and shoulders straight at all times. Do not arch the back. Hold the stretch for 15–20 seconds.

Option B: Leg lunge

- Have participants stand behind their chair. Turn sideways and stand with the left side of the body facing their chair. Put the right hand on the hip.
 - Keeping the left foot next to the chair, take a big step back with the right foot. The left foot should now be about a foot and a half in front of the right foot. The left knee should be slightly bent and the right leg should be straight. The right heel should be off the ground so that participants are putting their weight equally on the left foot and the right toe; this is the starting position.
 - Keeping the back straight without arching it, slowly bend the left knee, keeping the knee over the ankle and not over the toes. As the left knee bends, the right knee will slightly bend; keep the right heel off the floor. Bend the left knee no more than a right angle (90 degrees).
 - Slowly come back to starting position.
 - Repeat five times. Take a quick rest. Do one more set of six lunges.
 - Then switch to the right leg and do two sets of six lunges with a quick rest in between.
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Make Half Your Grains Whole

Outer Hip Stretch

- Sit in a chair facing forward. Sit with the back straight, knees bent, and feet resting on the floor.
- Lift the right leg and cross it over the left leg. Sit up tall with the back straight.
- Keeping the left arm straight, place the left hand on the outside of the right knee.
- Push the left hand into the right knee to turn the upper body to the right. At this point, the upper body is rotating to the right, while the knee is being pushed to the left with the left hand. Throughout the stretch, sit up tall keeping the back straight.
- Hold the stretch for 15-20 seconds and return to starting position. Repeat on the other leg.

Option B: Side leg raise

- Have participants stand up straight with the left side of their bodies facing the back of their chairs. Hold onto the chair with the left hand for support. With the feet shoulder-width apart, slightly bend the left knee.
- Keeping the right leg straight, slowly lift the right leg to the side, hold for two seconds, then lower the leg.
Repeat for a total of six repetitions.
- Take a quick rest and do another set of six repetitions.
- Repeat with the left leg, doing two sets of six repetitions with a quick rest in between.

Additional Activity

Hip exercise

- Have participants stand 12-18 inches behind their chairs.
 - Holding onto the chair with both hands, bend forward at the hips slightly, keeping the back straight without arching.
 - Standing on the right leg and keeping the left leg straight, slowly lift the left leg straight back, using the buttock muscles to lift the left leg (do not arch the back).
 - Lower the left leg as far as possible without touching the left foot to the floor. Repeat for a total of six repetitions.
 - Repeat on the right leg.
 - Do an additional set of six repetitions on each leg.
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Build Strong Bones

Arm stretch

- Have participants stand up. With the arms straight out in front of the body, place the palms together, lace the fingers of both hands together and slowly rotate hands so that palms are facing away from the body.
- Keeping the arms straight, stretch toward the front wall. Hold for 15 to 20 seconds.
- With fingers still laced together, slowly move the arms up towards the ceiling. Push towards the ceiling with the palms. Hold for 15 to 20 seconds.

Stretch band exercises

Additional Activity

Shoulder Stretch

- Have participants stand up straight with their arms at their sides. Keep the arms straight without locking the elbows.
 - Keeping the left arm straight, raise it forward. Take it across the chest so that it extends past the body.
 - Rotate the arm so that the palm faces away from the body and the thumb points down.
 - Gently pull the left forearm towards the body with the right hand to increase the stretch (do not push on the elbow).
 - Hold the stretch for 15 to 20 seconds. Repeat on the right arm.
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Go Lean With Protein

Head and neck stretch

- Have participants stand up straight. Looking straight forward, slowly press the right ear to the right shoulder. Keep the chin in. Pull down on the head slightly with the right hand for a deeper stretch. Hold the stretch for 10 to 15 seconds. Do the same on the left side.
- Next, press the chin to the chest to stretch the back of the neck. Hold for 10 to 15 seconds.
- Last, look up at the ceiling to stretch the front of the neck. Hold for 10 to 15 seconds.

Option B: Shoulder shrugs

This activity can be done with or without the stretch band. First do this activity with participants without the stretch band. If participants are interested and if there is time, do the activity with participants with a stretch band.

Shoulder shrugs without stretch band

- Stand up straight with feet shoulder-width apart. Keep the arms straight and at the sides of the body. Using the muscles in the shoulders and the upper back, lift or shrug the shoulders up toward the ears (do not try to touch the ears with the shoulders). Hold for 2 to 3 seconds. Return to the starting position. Repeat for a total of 6 repetitions.
- Take a quick rest and complete another set of 6 repetitions.

Shoulder shrugs with stretch band

- Stand up straight and place the middle of the band under both feet. Grasp the ends of the band in both hands tightly. For less resistance, grasp the band close to the ends of the band. For more resistance, grasp the band away from the ends of the band. Keep the arms straight and at the sides of the body.
- Using the muscles in the shoulders and the upper back, lift or shrug the shoulders toward the ears (do not try to touch the ears with the shoulders). Hold for 2 to 3 seconds. Return to the starting position. Repeat for a total of 6 repetitions.
- Take a quick rest and complete another set of 6 repetitions.

Make A Change

Hamstring and Calf Stretch

- Stand behind a chair with the left side of the body facing the back of the chair. Grasp the chair with the left hand for balance if needed.
- Take a small step back with the right foot (about 1 foot).
- Keeping the left leg straight, bend the right knee and sit back slightly (like you are going to sit in a chair). With the right knee bent, keep the left heel on the floor as you pull the toes of the left foot toward the shin (flex the left foot). Sit further back for a deeper stretch. Place the right hand on the right leg to help with balance. Tilt the pelvis forward. Keep the back straight.
- Hold the stretch for 15-20 seconds. Stand up, and then repeat with the other side.

Option B: Leg squats

Tell participants that if they have knee or back problems, they should not do this exercise.

- Have participants stand behind their chairs, holding onto the chair for support.
- Starting position—Stand with the feet shoulder distance apart. Keep the back straight without arching and slightly bend the knees.
- Bending at the knees and waist, slowly squat, sticking the behind back like you are about to sit in a chair, keeping the knees over the ankles and not over the toes. Squat down as far as is comfortable for you but do not bend the knees more than 90 degrees.

- Slowly stand back up to the starting position.
 - Repeat for a total set of six squats. Take a quick rest. Do one more set of six squats.
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Celebrate

Triceps stretch

- Have participants stand up. Raise the left arm straight up, keeping the upper arm close to the head.
- Drop the left forearm so that the left hand is reaching for the back of the left shoulder. Reaching behind the head with the right arm, grab the left elbow.
- Pull gently back and down on the left elbow with the right hand. To increase the stretch on the side of the body, gently lean the upper body to the right. Hold for 15 to 20 seconds. Repeat on the right arm.

Option B: Ab slide

- Have participants stand up. Standing with the feet about two feet apart (a little bit wider than shoulder-width apart), slightly bend both knees. Keep the arms straight at the sides of the body, stand up straight with the shoulders back and down, and hold the stomach muscles in tight.
 - Keeping the arms straight, bend sideways at the waist, using the side stomach muscles to slowly slide the left hand down the side of the left leg (do not slide the left hand past the left knee); this is one side crunch.
 - Bending sideways at the waist, use the side stomach muscles to slowly slide the left hand back up the leg while sliding the right hand down the right leg (do not slide the right hand any further than the right knee).
 - Repeat the exercise so that six crunches have been done on both the right and left side.
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